

Substance Abuse & Families

When someone close to you is being affected by a family member's drinking or drug use...

you are not alone.

The first step is to be honest about the problem.

Seek help for yourself, your family, or a loved one.

Getting a loved one to agree to accept help, and finding



Support from family and friends

support services for all family members is the next step towards healing for the addicted loved one and the entire family.

It is important to **remember** to:

Talk honestly about substance abuse in the family to help them express their concerns and feelings.

It is also important to **realize** that:

Treatment can occur in

- ~ a variety of settings
- ~ many different forms
- ~ different lengths of time

Where to go for help

Information and Referral Services

An organization that provides community treatment referrals locally.

Dial "211" for Customer Services

www.211ut.org

Utah Al-Anon/Alateen Services

Community based family support groups for parents or children with substance abuse issues.

24-hour helpline: (801) 363-2311

www.utah-alanon.org

Families Anonymous

Group of concerned relatives/friends whose lives are impacted by a loved one's addiction to alcohol or drugs.

Call (801) 485-1836 or (801) 566-9399

www.familiesanonymous.org

Substance Abuse & Mental Health Services Administration (SAMHSA)

24 hour support: 1-800-662-HELP

www.findtreatment.samhsa.gov



RESTORING
HEALTHY
FAMILIES

Where to go for help

Utah Support Advocates for Recovery Awareness (USARA)

A community based organization of individuals in recovery, their families and friends.

Call (801) 634-6564

www.u-sara.org

Adult Children of Alcoholics

12-Step, 12-Tradition program of adults who grew up in alcoholic or otherwise dysfunctional families.

Call (801) 583-6855

www.utin.org/acoa.html

Alcoholics Anonymous

An organization that provides community based support groups for individuals who struggle with drug and alcohol issues.

Call (801) 484-7871

www.utahaa.org



TIME TO
SEEK HELP?

Hope and Recovery

Alcohol and Drug Abuse hurts everyone in the family.

It is important to remember that...

You didn't **cause** it.

You can't **cure** it.

You can't **control** it.

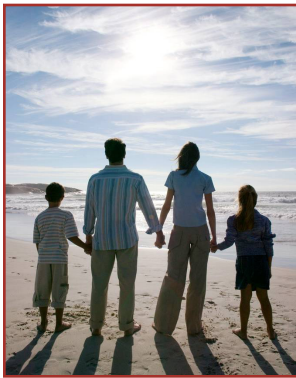
You can...

take better **care** of you by

communicating your feelings,

making **healthy** choices,

and **celebrating** yourself!



For National Support Call:
1-800-662-HELP

UTAH SUBSTANCE ABUSE TREATMENT CENTERS

Bear River Substance Abuse	(435) 792-6420
Central Utah Counseling	(435) 462-2416
Davis Behavioral Health	(801) 544-0585
Four Corners Behavioral Health	(435) 637-7200
Heber Valley Counseling	(435) 654-3003
Northeastern Counseling	(435) 725-6300
S.L. County Substance Abuse	(801) 468-2009
San Juan Counseling Center	(435) 678-2992
Southwest Behavioral Health	(435) 634-5600
Valley Mental Health - Summit	(435) 649-8347
Valley Mental Health - Tooele	(435) 843-3520
Utah County Substance Abuse	(801) 851-7127
Weber Human Services	(801) 625-3700

STATE OF UTAH

Division of Substance Abuse & Mental Health
120 North 200 West #209
Salt Lake City, UT 84103



Phone: (801) 538-3939
Fax: (801) 538-4696
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Utah

DIVISION OF SUBSTANCE ABUSE AND MENTAL HEALTH



WHERE FAMILIES
GO FOR HELP
WHEN LOVED ONES
HAVE
SUBSTANCE ABUSE
PROBLEMS

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